



Great camper to staff ratio!



A fun week of lacrosse instruction.



Campers get time to cool off in the pool.

Arrowhead Lacrosse Camp
618A Rose Hollow Dr.
Yardley, PA 19067

2009 ARROWHEAD BOY'S LACROSSE CAMP

At

The Sportsplex

1331 O'Reilly Drive
Feasterville, PA 19054
1-877-21-SPORT
215-355-2582



ARROWHEADLAX

July 20^h-July24th

9:00 A.M. – 2:30 P.M.

Boys entering grades 3-9

Josh Hanlon, Head Coach Neshaminy HS
Dean Curtis, Head Coach Pennsbury H
Jaime Huber, Asst. Coach Pennsbury HS

Camp Information

Arrowhead Lacrosse Camp is a fun instructional camp for players of all skill levels. We have a highly qualified staff that includes the top coaches and players in the area. We will have use of the great state of the art facilities that the Sportsplex has to offer. Players will be able to play on the outdoor grass fields and also come inside and use the indoor facilities. Players will be able to change and use the swimming areas where there are certified lifeguards on duty-a refreshing break from the heat of summer!

Who Is Arrowhead Lacrosse?

Arrowhead Lacrosse was started by three local high school coaches who are passionate about lacrosse and teaching the game. Our goal is to strengthen boy's lacrosse in our area. We teach the fundamentals along with how to respect the game.

Josh Hanlon

Josh is the Head Coach at Neshaminy High School. He is a graduate of McDaniel College where he was a two-time All-American defenseman. Josh is a native of Newtown, PA where he attended Council Rock High School. Josh grew up playing in the Lower Bucks Lacrosse Program and was recently inducted into the Lower Bucks Lacrosse Hall of Fame. Josh is also the Indoor Lacrosse Director at the Sportsplex.

Dean Curtis

Dean has more than 20 years of lacrosse experience. He is the Head Coach at Pennsbury High School. A native of Liverpool, NY, he currently resides in Yardley and is a graduate and former standout player at The Ohio State University. Dean has coached at every level from youth to high school. He has served as the Pennsbury Boy's Varsity Coach for the past five seasons.

Jamie Huber

Jamie Huber is the current Head Assistant Coach and Defensive Coordinator at Pennsbury High School. Jamie played locally at Archbishop Ryan High School where he was selected as an All-Catholic League Defenseman. Jamie played for the Penn State Nittany Lions men's club lacrosse team, helping them win two back to back NCLL National Championships.

Camp Details

What?

Instructional clinic where campers are taught the basic fundamentals

- Stickwork
- Dodging & Shooting
- Transition Offense & Defense
- Defensive Basics
- Teamwork & Sportsmanship
- Specialized Goalie Instruction

Who?

- Boys entering grades 3-9

Where and When?

- The Sportsplex, 1331 O'Reilly Dr., Feasterville
www.sportsplexpa.com
- July 20th-July 24th
- 9:00 A.M. - 2:30 P.M.
- Each camper will receive a reversible jersey.
- Catered Lunch (hoagies, chicken nuggets, peanut butter & Jelly sandwich, drinks, etc.) available for an additional \$35 per week.

What To Bring?

- **Required equipment:** Helmet, stick, gloves, shoulder pads, arm pads, cup and a mouthpiece.
- Players should also bring sneakers and cleats (for indoor & outdoor), a bag lunch (if not purchasing catered lunch), plenty of water, bathing suit and towel.

Schedule

- 8:55 A.M. Drop Off
- 9:00 A.M. Morning Introductions, player warm-up
- 9:15 A.M. Morning Skill Session
- 10:30 A.M. Morning Games
- 11:30 A.M. Break for Lunch
- 12:00 P.M. Video Instruction/Recreational Swimming
- 12:45 P.M. Afternoon Skill Session
- 1:30 P.M. Team Games
- 2:30 P.M. Daily Wrap-up and Pick -up

Information or questions contact:

Josh Hanlon

camp@arrowheadlax.com

www.arrowheadlax.com

Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Date of Birth: ____/____/____

e-mail (required) : _____

Health Ins. Co. & Policy No. (required) : _____

Card Holder Name: _____

School: _____ Grade(Fall '09): _____

Position: _____ Years Experience: _____

Team playing on in Spring: _____

Emergency Contact: Name: _____

Phone #: _____ Relationship: _____

Please check the box of the session you plan on attending. Make a check payable for that amount to "Arrowhead Lacrosse" Send to: Arrowhead Summer Camp- 618A Rose Hollow Drive. Yardley, PA 19067

Registration

- July 20th-24th w/out lunch \$215
- July 20th-24th lunch included \$250

Discounts

- Multi-Camper (same family) - \$25
- Repeat Camper -\$15

Total Amount Enclosed

Release and Waiver of Liability, Assumption of Risk, and Indemnity and Parental Consent Agreement
I hereby release and discharge Sportsplex and Arrowhead Lacrosse, its agents, employees, staff members, directors, and officers from any claims, responsibilities or liabilities for injuries of harm incurred as a result of my participation and/or my child's participation as a player or spectator in programs and activities. I fully understand that these activities involve risks and dangers of serious bodily injury. These risks and dangers may be caused by my own actions or inaction's, the risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the activity. I authorize Sportsplex, Arrowhead Lacrosse, its agents, employees, staff members, directors and officers to take whatever action is necessary, in their best judgment, in an emergency and I hereby release and discharge Sportsplex, Arrowhead Lacrosse, its agents, employees, staff members, directors and officers from any responsibility or liability related there to.
Participant/Guardian Signature: _____

Date ____/____/____